

# SFC Group Ex Schedule Memorial Day

## Monday, May 30

### Group Ex Studio

8:30am	Zumba*	Gaby
9:30am	STRONG Nation*	Katie
10:30am	Forever Fit	Leigh

### Mind/Body Studio

8:30am	PiYo	Jill
9:30am	Cardio & Core*	Leigh
10:30am	Foam Rolling	Monica

### Cycle Studio

9:40am	Cycle	Jill
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\*Livestream also available via your J Community account  
Regularly scheduled classes will not be held.

Contact: Sarah Amonson, 314.442.3210

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